

SBRC Gym Schedule

August 10-16

Color Color Complete Conditioning Conditioning Complete Complete Conditioning Complete Complete Conditioning Complete C	ĺ	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	6:00am		Open Gym	·	Open Gym	· · · · · · · · · · · · · · · · · · ·		
Complete Conditioning Complete Conditioning	6:30am		Bootcamp		Bootcamp			
3.30am 8.30am 9.00am Nuggets Basketball Summer Camp 10:30am 10:30am 10:30am 10:30am 12:00pm Drop-in Drop-in Drop-in Sasketball Summer Camp Sasketball 12:30pm Drop-in Toolining Drop-in Sasketball Summer Camp Sasketball Summer Sasketball Summer Sasketball Summer Sasketball Summer Sasketball Summer Summer Camp Sasketball Summer Summer Camp Sasketball Summer Summer Camp Sasketball Summer Sasketball Summer Camp Sasketball Summer Sasketball Sasketball Summer Sasketball Sasketball Summer Sasketball Sasketba	7:00am		6:30-7:30		6:30-7:30			
13.00m	7:30am		•		•			
9:00am	8:00am		_				Open Gym	
9:00am Nuggets Basketball Summer Camp C	8:30am						•	Drop-in
10:00am 10:0	9:00am						-	Adult
10:00am 10:30am 10:3	9:30am	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Volleyball	
11:00am 11:30am Open Gym 12:00pm Open Gym 12:00pm Open Gym 12:00-1:00 Open Gym Open Gym Open Gym Open Gym Camp C	10:00am							
11:30am Open Gym Drop-in Adult Open Gym Conditioning 12:00-1:00 Drop-in Sprts Conditioning 12:00-1:00 Drop-in	10:30am							
12:00pm	11:00am							
12:30pm	11:30am	Open Gym	Drop-in	Open Gym	Drop-in	Open Gym		
1:00pm Open Gym 11:30-1:30 Open Gym 11:30-1:30 Open Gym 12:00-2:00 1:30pm Nuggets Nuggets Basketball Summer Nuggets Basketball Summer Summer Camp Camp L:30-4:30 1:30-4:30 1:30-4:30 1:30-4:30 1:30-4:30 1:30-4:30 1:30-4:30 1:30-4:30 1:30-4:30 1:30-4:30 Open Gym Ope	12:00pm	Conditioning 12:00-1:00	Basketball	Conditioning 12:00-1:00	Basketball	Conditioning	1 1	
1:30pm 2:00pm Nuggets Basketball Summer Camp Camp 1:30-4:30	12:30pm							
Nuggets Basketball Summer Camp Cam	1:00pm					Open Gym		
2:30pm 3:00pm Summer Camp C	1:30pm	Basketball Summer Camp	Basketball Summer Camp	Basketball Summer Camp	Basketball Summer Camp	Basketball Summer Camp		
Summer Camp	· ·							
3:30pm	2:30pm							
4:00pm 4:30pm 5:00pm 5:30pm 6:30pm 7:00pm 7:30pm 7:30pm 8:30pm 8:30pm								
4:30pm 5:00pm 5:00pm 6:00pm 6:30pm 7:00pm 7:30pm 8:30pm 8:30pm								
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4:30-6:00 5:30pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 8:30pm				•	• •	Open Gym		
6:00pm Drop-in 4:30-8:30 Drop-in 5:00-6:45 5:00-6:45 5:00-6:45 6:00-8:15 6	· ·					Badminton		
6:30pm	· ·						~	
7:00pm 7:30pm 8:00pm 8:30pm Pickleball 6:00-8:15		Pickleball		Pickleball			4	
7:30pm 8:00pm 8:30pm								
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9:30pm								